

DINNERLY



Cauliflower and Chickpea Masala with Naan Bread



35 minutes



2 Servings

Enjoy the aromatic flavours of Indian cooking with this masala-spiced dish of cauliflower and chickpeas. Scatter with coriander for zingy freshness.

WHAT WE SEND

- 400g chickpeas
- 250g cauliflower
- coriander
- 10g Indian masala seasoning
- 400g diced tomatoes
- 2 naan breads ^{1,3,6,7}
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 1 tbs tomato paste

TOOLS

- medium deep frypan or saucepan with lid
- large frypan

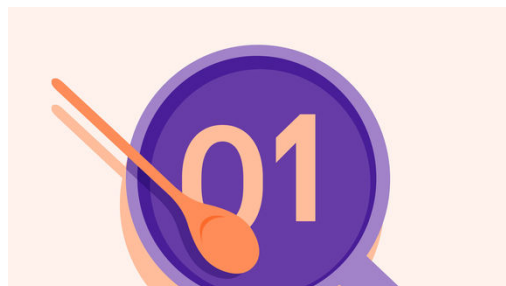
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens.

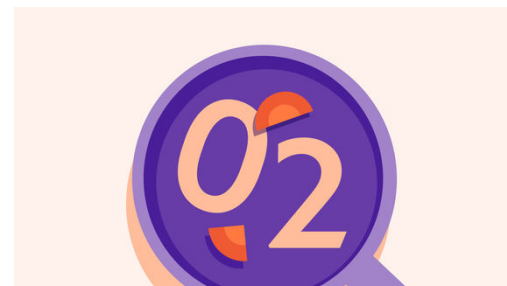
NUTRITION PER SERVING

Energy 720kcal, Fat 26.1g, Carbs 93.8g, Proteins 25.4g



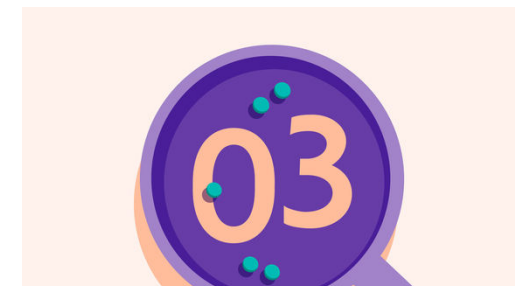
1. Prep ingredients

Drain and rinse the **chickpeas**. Cut the **cauliflower** into small florets. Crush or finely chop **2 garlic cloves**. Pick **half the coriander leaves**, then coarsely chop the **remaining coriander**, including the stems.



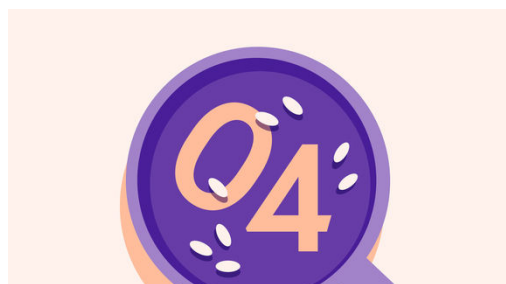
2. Brown cauliflower

Heat **1½ tbs olive oil** in a medium deep frypan over medium heat. Cook the **cauliflower**, **garlic** and **masala seasoning**, stirring, for 2 mins or until fragrant.



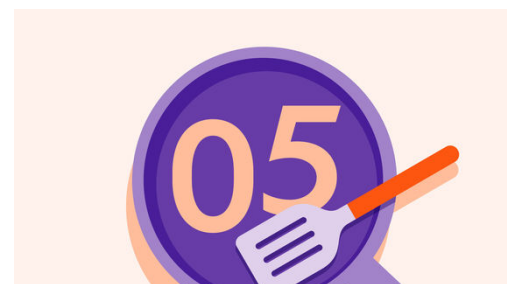
3. Simmer masala

Add the **chickpeas**, **tomatoes**, **1 tbs tomato paste** and **125ml (½ cup) water** to the pan and bring to the boil. Reduce the heat to medium-low and cook, covered, stirring occasionally, for 15 mins or until the sauce is thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



4. Toast naan

Meanwhile, heat a large frypan over medium heat. Toast the **naan**, one at a time, for 1 min each side or until lightly golden and warmed through.



5. Serve up

Add the **chopped coriander** to the masala, stir to combine, then divide among bowls. Scatter over the **coriander leaves** and drizzle with the **yoghurt**. Serve with the **naan** and enjoy.



6. Make it yours

If you like your curries with heat, scatter over chilli flakes or sliced fresh chilli to serve.